

Elementary OCT 23

LUNCH MENU Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, and unlimited fruit and vegetable bar.

Hummus and Roll OR Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advance request.


All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.



APPLES



	Monday	Tuesday	Wednesday	Thursday	Friday
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LUNCH MENU: Regular Prices Reduced: \$0.40 Student: 3.25 Adult: \$4.25 CEP Qualified Schools* – Breakfast and Lunch is FREE For Students Local Now: Apples, Carrots, Burgers, Lentils, Wheat, Montana Bread, Squash, And more!	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Elrod, Rankin and Russell Elementary				
	2 Chicken Patty on a WG Bun with Fruit, Veggie and Milk	3 Beefy Nachos w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	4 Hot Dog on a WG Bun with Fruit, Veggie and Milk	5 BBQ Pork on a WG Bun with Fruit, Veggie and Milk	6 Pizza with Fruit, Veggie and Milk
	9 Pancake on a Stick with Syrup, Fruit, Veggie and Milk	10 Chicken Taco with Salsa, Sour Cream, Cheese, Fruit, Veggie and Milk	11 Cheeseburger on a WG Bun with Fruit, Veggie and Milk	12 Chicken Tenders with WG Dinner Roll, Fruit, Veggie and Milk	13 Pizza with Fruit, Veggie and Milk
	16 Sloppy Joe on a WG Bun with Fruit, Veggie and Milk	17 Beef Taco with Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	18 Hoagie, Fruit, Veggie and Milk	19 NO SCHOOL	20 NO SCHOOL
	23 WG Chicken Corn Dog with Fruit, Veggie and Milk	24 Burrito with Salsa, Sour Cream, Fruit, Veggie and Milk	25 Egg, Ham and Cheese on a WG Bun with Fruit, Veggie and Milk	26 Lasagna Roll UP with WG Dinner Roll, Fruit, Veggie and Milk	27 Pizza with Fruit, Veggie and Milk
	30 Chicken Tenders with WG Dinner Roll, Fruit, Veggie and Milk	31 Chili with Cheese and Cornbread, Fruit, Veggie and Milk 			
All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.					
BREAKFAST in the Cafeteria MENU Free: if eligible Student: \$2.00 Reduced: \$.30 Adult: \$2.25	WG Cereal OR Oatmeal w/ Brown Sugar, String Cheese, Fruit and Milk	Homemade Muffin with Yogurt Fruit and Milk	Breakfast Burrito with Fruit and Milk	WG Pancake/Sausage on a Stick with Fruit and Milk	WG Bagel with Cream Cheese, Yogurt, Fruit and Milk